Older Driver DVD Now Available

As the Bay Area's population ages, and more seniors are on the road, questions of their continued driving abilities and what alternatives they have are becoming more critical. To focus on the issue, the Metropolitan **Transportation Commission** (MTC) has produced a 36-minute DVD, "Mobility for Older Drivers" which is available to the public free of charge. The DVD is based on a 2006 Regional Summit on Older Drivers, sponsored by MTC and Sam Trans.

You may watch the video on the Web at: www.
mtc.ca.gov/library/oats/
molbiliyy_matters.htm.
To order free copies,
email info@mtc.ca.gov
or call (510) 817-5836.
MTC is the regional
transportation planning,
financing and coordinating
agency for the nine-county
San Francisco Bay Area.

ART IN THE COUNCIL CHAMBERS Presents

"The Seasoned Palette"
The 10th Annual Senior
Art Workshop Exhibit

June 22 to September 6, 2007 Page 4



Senior Center Information

Los Gatos Senior Center Located in the Neighborhood Center 208 E. Main Street, Los Gatos, CA 95030 Senior Coordinator: Linda Gallo

Hours: Monday through Friday — 8:30 AM to 4:30 PM

Phone: (408) 354-1514 Email: lgallo@losgatosca.gov Website: www.losgatosca.gov

Wednesday Afternoon Movies at the Senior Center

Remember to come to the Senior Center on the fourth Wednesday of each month at 1:00 PM to see a top-rated movie in the Neighborhood Center Lounge. Admission and snacks are free! You can come for the Live Oak Nutrition Lunch and stay for the movie afterwards (be sure to call Live Oak for a lunch reservation two days in advance at (408) 354-0707). The July movie will be **Letters from Iwo Jima** and in August we will be showing **Breach**.

Please join us for lunch and a movie, or just a movie and snack. Enjoy our big screen movie experience!

Los Gatos Senior Center Newsletter Mailing List

If you would like to receive a free copy of the Los Gatos Senior Center Newsletter, complete and return this form or email this information to Linda Gallo, Senior Coordinator, at Igallo@losgatosca.gov.

Name:		
Address:		
City:		
State / Zip:		
Phone:	Email:	

Return completed form to: Los Gatos Senior Center, 208 E. Main Street, Los Gatos CA 95030

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See insert for details on senior program and activities:

• 55 Alive Mature Driving Training

Afternoon Movies

- Parents Helping Parents
- The Health Place
- Health Insurance Counseling
- Homeowners and Renters Assistance
- Income Tax Assistance
- Durable Power of Attorney for Healthcare
- Housing Conservation Program
- Long-Term Care Ombudsman
- Live Oak
 Adult Day Services
 —Adult Day Care
- Happy Hoofers
- Senior Table Games
- Chess Club
- Bingo
- Trips

Los Gatos Senior Center Newsletter

July / August 2007

Los Gatos Celebrates the 4th of July

Celebrate Independence Day at this all day event, the seventh annual Los Gatos Celebrates the 4th of July. The focus is on fun for the whole family, the whole day long! The day will begin at 11:00 am, with family games and activities on the Civic Center lawn. Enjoy lunch at the Food Court to benefit our local Lions, Rotary, Kiwanis, and Daughters of the American Revolution service clubs. At 1:30 pm a special Music in the Park concert will be held on the Los Gatos High School lawn, featuring the San Jose Wind Symphony s presentation of patriotic selections and many pops concert favorites. After the concert, return to the Civic Center for a free cake and ice cream social and an old fashioned sing-a-long followed by several games of bingo. The day will wrap up with a second concert, featuring The Hitmen, at 5:30 pm. A variety of food and soft drinks will be available for purchase from the Place for Teens food booth. You won't want to miss this down-home, community celebration sponsored by the Town of Los Gatos, Los Gatos - Saratoga Recreation, Town of Los Gatos Chamber of Commerce, Town of Los Gatos Arts Commission, and Event Services.

Wednesday, July 4 • 11:00 am to 7:30 pm Civic Center Lawn, 110 East Main Street Los Gatos High School Lawn, 235 East Main Street

Benefits of Getting Antioxidants From Food Sources Versus Supplements

by Karen West, Director of Live Oak Senior Nutrition & Service Center



Recently the American Heart Association has discovered that attaining antioxidants (vitamins A, C, E and D) from natural food sources can be more beneficial for the body than taking vitamin supplements. A diet rich in fruits, vegetables, whole grains, fish, legumes, poultry and lean meats can provide a better source of antioxidants.

Consuming antioxidants in their natural form allows the body to absorb them better. So take care of that wonderful body and minimize the threat of heart and lung disease that can often be caused by diets depleted in natural antioxidants.

Homeowners and Renters Assistance 2007

The State of California will refund a portion of the taxes you paid in 2006 as part of your rent or property taxes, if you qualify. You must reapply for this rebate each year to verify eligibility. Homeowners are eligible to receive up to \$472 and renters are eligible to receive up to \$347.

Who Qualifies?

- Your total household income must be \$42,770 or less, including SSA, SSI, etc.
- You must be a U. S. citizen or a legal immigrant and at least 62 years of age, disabled or blind

Volunteer counselors trained by the State of California Franchise Tax Board will assist you in filing for this once-a-year rebate. Appointments are available from July through October 9, 2007 at the Los Gatos Senior Center. Call the Center at (408) 354-1514.

Summer Fun In Los Gatos

Music In The Park

Enjoy Los Gatos' summer concert series Sunday afternoons on the Civic Center Lawn.

2007 Summer Concert Schedule:

Sunday, June 24, 5-7 PM, **David Martin's House**Sunday, July 1, 5-7 PM, **Clairdee**Wednesday, July 4, 1:30-3:30v, **S J Wind Symphony**Wednesday, July 4, 5:30-7:30 PM, **The Hitmen**Sunday, July 8, 5-7 PM, **Mark Russo & The Classy Cats**Sunday, July 22 5-7 PM, **Opera San Jose**Sunday, July 29, 5-7 PM, **Gary Flores**& **Descarga Caliente**

Sunday, August 5, 5-7 PM, **Sage**August 11-12, **Fiesta de Artes**Sunday, August 19 5-7 PM, **Jamie Davis Quintet**Sunday, August 26 5-7 PM, **The Joe Sharino Band**



Jazz In The Plazz Are you a jazz fan?

Can't get enough of those "mellow" tunes? Just love being outdoors with your friends on a summer night? Then the Town of Los Gatos has a concert series that's made for you.

All performances will take place from 6:30 to 8:30 PM. at the Los Gatos Town Plaza, located at the intersection of West Main Street and Santa Cruz Avenue in downtown Los Gatos.

Who's Playing for 2007?

June 20, Jamie Davis

June 27, Marcia Ball

July 11, Mose Allison

July 18, Paula West

July 25, John Proulx

August 1, Roseanna Vitro w/ Anton Schwartz

August 8, Nancy Kelly & Giacomo Gates

August 15, Monterey Jazz Festival

High School All Stars

August 22, Andrea Wolper &

New West Guitar Quartet

August 29, **Diane Schurr**

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Did You Know?

Hearing Loss

Failing to treat your hearing loss can lead to missed information and isolation from family and friends. It can even be life threatening if you can't hear signs of possible danger, such as approaching traffic as you cross a street. Hearing loss can be misdiagnosed as early dementia if you are confused because you miss out on what others say or don't understand directions. People with uncorrected hearing loss report feeling anxiety, depression, paranoia, anger, and insecurity.

Successful hearing aid users report that they don't have to keep asking a spouse to repeat what others said. They can hear a grandchild's first words or more fully participate in religious services. Many are thrilled by the sounds of nature that had faded away. According to a 1999 study by the National Council on the Aging, hearing aid users think that their use improves their feelings about themselves, relationships with others, mental health, and overall quality of life.

What can go wrong with your hearing?

Hearing loss is common and a normal part of getting older. The major kinds of hearing losses are sensorineural or conductive. Sensorineural hearing loss or "nerve deafness" is caused by damage to or deterioration of the tiny sound-sensing hair cells in the inner ear. It can be due to aging (called presbycusis) or to exposure to loud noise (noise-induced hearing loss). Because the nerve cells can no longer effectively transmit electrical impulses, you lose some ability to hear. Other causes are high fever, head trauma and certain drugs. While those older than 65 are more vulnerable to presbycusis, some baby boomers aged 40 to 60 are realizing that they have noise-induced hearing loss. People

with sensorineural loss typically say they can hear but can't understand, especially high pitched sounds. Although it can't be reversed or treated medically, it may be effectively treated by hearing aids. By over-stimulating the nerve cells with the amplified sound waves from the hearing aid, you become able to hear what you couldn't hear before.

An obstruction in the outer or middle ear or the ear drum causes conductive hearing loss. Sound does not transmit effectively because something interferes with the sound vibrations before they reach the inner ear. Conductive loss can result from severe head trauma, birth defects, punctured eardrum, or simply wax or fluid buildup. It is often reversible through medical or surgical procedures. Hearing aids can improve conductive loss as long as there is no medical reason not to use an aid.

Courtesy of Better Hearing Institute